How to Set-up the Exercise Workbook

1. After you download the documents and put them into your desired Google Drive, you will then need to make sure that they are converted to Google Sheet documents. They will start off as Microsoft Excel Sheets.

2. The best place to start is the Workbook itself. It connects the 4 files together so the worksheets, periodizations and your 1RM sheet actually link properly to the workbook (hopefully – if you notice any issues let me know).
Put your name, or whatever preferred identifying tag you would like into the "Name" box on the first tab.

3. I personally create individual folders for the Worksheets, the Periodizations, the 1RM documents and the Workbooks. The workbooks however usually sit outside of the folders until the end of the year when I can start putting the old workbooks into storage, but you can do whatever you like in this regard.
I do recommend copying and pasting the template files so you do not need to constantly download the templates, and you at least have copies in case anything happens to my website or the downloads.

4. Next, you will go into the 1RM sheet and you will change the Red Tab that says "YOUR NAME HERE" with the name you chose as your identifying tag.

You will need the link to this document to be pasted into the Worksheets every month.

You can also just keep the 1RM link in the worksheet template so you don't have to constantly paste the link every month.

This document changes annually rather than every month.

5. The next spreadsheet to setup would be the Periodization.
These are Quarterly (3 months) Periodizations. Changing this to be different in any capacity would change the entire code of the system. Please get to know the workbook before making changes!
You will need to rename the red tabs named "Month 1", "Month 2" and "Month 3" to the perspective months of the year you plan to create the periodizations for.

This is your plan, and you will then plan your months out with the intended routines and make whatever notes you think you need to make here.

You will then paste the Master Workbook link into each Month tab.

You will also need to clear some **Reference Errors** that are really just the sheets asking for permissions to read the linked google sheets. This is normal when setting up new sheets. It ***won't*** ask every time after setup.

<u>You MUST clear link related reference errors on a computer as portable devices cannot do this (yet).</u>

After that, you can then select the intended Goals, Intensities and Rep Targets in the Quarterly Periodization tab that you plan to do in your quarterly plan. The checkboxes – completed and not – show in the worksheets.

This link will then be copied & pasted into the Workbook, into the Quarterly Periodization section

6. Finally you now just need to setup the individual Worksheets.

Copy and Paste the link for your Master Workbook into the Calendar page of the Worksheet.

Each **worksheet link** will then go into the pertaining Month in the **Workbook**, and all you now need to do is clear the reference errors and duplicate the Purple Workout Template Tabs . . . and make your routines!

ALSO – You need to turn all fields that say "FALSE" into Checkboxes, and Hide Empty Columns and Rows . . .

It's a bit to setup at first, but then you have an organized spreadsheet system to track your routines! :D